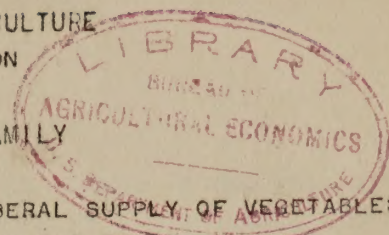


UNITED STATES DEPARTMENT OF AGRICULTURE  
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY



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TABLE 1 - DIET B - LIBERAL USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, MILK, EGGS & POULTRY; MOST OF OUR MEATS; BUT ONLY A LIMITED AMOUNT OF THE FRUIT

| FAMILY MEMBERS                      |                         | KIND AND QUANTITIES OF FOOD FOR A YEAR |  |                                       |              |  |   |  |                                       |   |                              |                    |
|-------------------------------------|-------------------------|--|--|---------------------------------------|--------------|--|---|--|---------------------------------------|---|------------------------------|--------------------|
| NAME                                | DESCRIPTION             | MILK<br>1/<br>GALS.                    | FAT<br>OTHER<br>THAN<br>BUTTER<br>LBS. | LEAN<br>MEAT<br>POULTRY<br>2/<br>LBS. | EGGS<br>DOZ. | DRIED<br>BEANS<br>PEAS<br>ETC.<br>LBS. | TOMA-<br>TOES<br>CITRUS<br>FRUITS<br>LBS. | LEAFY<br>GREEN<br>YEL.<br>VEG.<br>LBS. | OTHER<br>VEG.<br>AND<br>FRUIT<br>LBS. | POTA-<br>TOES<br>SWEET<br>IRISH<br>LBS. | FLOUR<br>CER-<br>EAL<br>LBS. | SU-<br>GAR<br>LBS. |
|                                     | (CHILD<br>(UNDER 2 YRS. | 80                                     | -                                      | -                                     | 22           | -                                      | 80  | 80                                     | -                                     | 50                                      | 50                           | 3                  |
|                                     | 2-3 YRS.                | 100                                    | 3                                      | 10-15                                 | 26           | -                                      | 80  | 130                                    | 140                                   | 50                                      | 65                           | 7                  |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | BOYS 4-6 YRS.           | 100                                    | 15                                     | 20-40                                 | 30           | 7-0                                    | 80  | 130                                    | 190                                   | 100                                     | 90                           | 15                 |
|                                     | 7-8 YRS.                | 110                                    | 25                                     | 35-90                                 | 30           | 10-3                                   | 90  | 180                                    | 280                                   | 100                                     | 160                          | 25                 |
|                                     | 9-10 YRS.               | 120                                    | 30                                     | 50-130                                | 30           | 10-3                                   | 100                                       | 200                                    | 310                                   | 120                                     | 180                          | 40                 |
|                                     | 11-12 YRS.              | 120                                    | 30                                     | 65-160                                | 30           | 10-3                                   | 120                                       | 200                                    | 340                                   | 130                                     | 200                          | 45                 |
|                                     | 13-15 YRS.              | 130                                    | 45                                     | 70-200                                | 30           | 25-10                                  | 130                                       | 180                                    | 440                                   | 160                                     | 230                          | 50                 |
|                                     | 16-19 YRS.              | 130                                    | 50                                     | 75-250                                | 30           | 25-10                                  | 130                                       | 180                                    | 520                                   | 300                                     | 340                          | 100                |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | GIRLS 4-7 YRS.          | 100                                    | 15                                     | 20-40                                 | 30           | 7-0                                    | 80  | 130                                    | 190                                   | 100                                     | 90                           | 15                 |
|                                     | 8-10 YRS.               | 110                                    | 25                                     | 35-90                                 | 30           | 10-3                                   | 90  | 180                                    | 280                                   | 100                                     | 160                          | 25                 |
|                                     | 11-13 YRS.              | 120                                    | 30                                     | 50-130                                | 30           | 10-3                                   | 100                                       | 200                                    | 310                                   | 120                                     | 180                          | 40                 |
|                                     | 14-19 YRS.              | 120                                    | 30                                     | 65-160                                | 30           | 10-3                                   | 120                                       | 200                                    | 340                                   | 130                                     | 200                          | 45                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | MEN, VERY ACT.          | 100                                    | 60                                     | 100-240                               | 30           | 40-10                                  | 130                                       | 180                                    | 530                                   | 350                                     | 440                          | 100                |
|                                     | MOD. ACT.               | 80                                     | 45                                     | 80-210                                | 30           | 25-10                                  | 130                                       | 180                                    | 520                                   | 160                                     | 230                          | 65                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | WOMEN VERY ACT.         | 3/80                                   | 45                                     | 65-200                                | 30           | 25-10                                  | 130                                       | 180                                    | 440                                   | 160                                     | 230                          | 50                 |
|                                     | MOD. ACT.               | 70                                     | 30                                     | 65-160                                | 30           | 10-3                                   | 120                                       | 200                                    | 420                                   | 130                                     | 200                          | 45                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | OLD PEOPLE              | 90                                     | 30                                     | 65-130                                | 30           | 10-3                                   | 120                                       | 180                                    | 320                                   | 130                                     | 170                          | 30                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| YEARLY TOTAL FOR FAMILY             |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| MONTHLY TOTAL (DIVIDE YEARLY BY 12) |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| WEEKLY TOTAL (DIVIDE YEARLY BY 50)  |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO  $\frac{1}{2}$  OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE  $\frac{3}{4}$  OF THE FAT AS BUTTER.

2/ USE LARGER QUANTITY OF DRIED BEANS, PEAS, ETC. WITH SMALLER QUANTITIES OF MEAT, AND VICE VERSA.

3/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY \_\_\_\_\_ DATE \_\_\_\_\_



OUR WEEKLY FOOD PLAN & RECORD  
(DIET B TO LIBERAL)

| SERVINGS OF DIFFERENT FOOD PER PERSON PER DAY OR WEEK   | FOR OUR FAMILY OF _____ |                                     |  |  |
|---|-------------------------|-------------------------------------|--|--|
|   | WE SHOULD EAT EACH WEEK | WE DID EAT DURING THE WEEK OF _____ |  |  |
| <u>MILK</u>   |                         |                                     |  |  |
| 3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK AND IN COOKED FOOD)  |                         |                                     |  |  |
| 1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK AND IN COOKED FOOD)   |                         |                                     |  |  |
| 1 PINT DAILY FOR EACH ADULT (TO DRINK AND IN COOKED FOOD)   | QTS.                    |                                     |  |  |
| <u>BUTTER</u>   |                         |                                     |  |  |
| AT EVERY MEAL   | LBS.                    |                                     |  |  |
| <u>LEAN MEAT, FISH, AND POULTRY</u>   |                         |                                     |  |  |
| 3 TO 7 TIMES A WEEK   | LBS.                    |                                     |  |  |
| <u>EGGS</u>   |                         |                                     |  |  |
| 5 TO 6 A WEEK FOR ADULTS AND 6 OR 7 FOR YOUNG CHILDREN  |                         |                                     |  |  |
| SOME IN COOKING   | DOZ.                    |                                     |  |  |
| <u>VEGETABLES AND FRUITS</u>  |                         |                                     |  |  |
| <u>DRIED BEANS, PEAS, AND NUTS</u> - [IF THE LARGER AMOUNTS OF LEAN MEAT ARE USED, THE SMALLER QUANTITIES OF DRIED BEANS, PEAS, AND NUTS ARE NEEDED.] | LBS.                    |                                     |  |  |
| <u>POTATOES</u> - 1 SERVING DAILY   | LBS.                    |                                     |  |  |
| <u>TOMATOES AND CITRUS FRUIT</u> - 1 SERVING DAILY  | LBS.                    |                                     |  |  |
| <u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK   | LBS.                    |                                     |  |  |
| <u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY   | LBS.                    |                                     |  |  |
| <u>OTHER FOODS</u>  |                         |                                     |  |  |
| AS MUCH AS NEEDED TO MAINTAIN NORMAL WEIGHT   | LBS.                    |                                     |  |  |
| <b>TOTALS</b>   |                         |                                     |  |  |



UNITED STATES DEPARTMENT OF AGRICULTURE  
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE II - ADEQUATE DIET AT MODERATE COST, LIBERAL IN VEGETABLES USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, ADEQUATE AMOUNT OF MILK, EGGS, POULTRY & LEAN MEAT, BUT ONLY A LIMITED AMOUNT OF FRUIT.

| FAMILY MEMBERS                      |                         | KIND AND QUANTITIES OF FOOD FOR A YEAR |  |                                       |              |  |   |  |                                       |   |                              |                    |
|-------------------------------------|-------------------------|--|--|---------------------------------------|--------------|--|---|--|---------------------------------------|---|------------------------------|--------------------|
| NAME                                | DESCRIPTION             | MILK<br>1/<br>GALS.                    | FAT<br>OTHER<br>THAN<br>BUTTER<br>LBS. | LEAN<br>MEAT<br>POULTRY<br>2/<br>LBS. | EGGS<br>DOZ. | DRIED<br>BEANS<br>PEAS<br>ETC.<br>LBS. | TOMA-<br>TOES<br>CITRUS<br>FRUITS<br>LBS. | LEAFY<br>GREEN<br>YEL.<br>VEG.<br>LBS. | OTHER<br>VEG.<br>AND<br>FRUIT<br>LBS. | POTA-<br>TOES<br>SWEET<br>IRISH<br>LBS. | FLOUR<br>CER-<br>EAL<br>LBS. | SU-<br>GAR<br>LBS. |
|                                     | (CHILD<br>(UNDER 2 YRS. | 110                                    | -                                      | -                                     | 22           | -                                      | 80  | 80                                     | -                                     | 50                                      | 50                           | 3                  |
|                                     | 2-3 YRS.                | 110                                    | 3                                      | 12                                    | 26           | -                                      | 80  | 130                                    | 160                                   | 90                                      | 60                           | 7                  |
|                                     | BOYS 4-6 YRS.           | 110                                    | 12                                     | 25                                    | 30           | 7                                      | 80  | 130                                    | 220                                   | 90                                      | 80                           | 15                 |
|                                     | 7-8 YRS.                | 110                                    | 20                                     | 60                                    | 30           | 10                                     | 90  | 180                                    | 310                                   | 100                                     | 100                          | 25                 |
|                                     | 9-10 YRS.               | 110                                    | 25                                     | 80                                    | 30           | 10                                     | 100                                       | 200                                    | 360                                   | 100                                     | 130                          | 40                 |
|                                     | 11-12 YRS.              | 120                                    | 30                                     | 90                                    | 26           | 10                                     | 120                                       | 200                                    | 380                                   | 120                                     | 130                          | 45                 |
|                                     | 13-15 YRS.              | 120                                    | 40                                     | 100                                   | 26           | 25                                     | 130                                       | 180                                    | 460                                   | 130                                     | 170                          | 50                 |
|                                     | 16-19 YRS.              | 140                                    | 60                                     | 140                                   | 22           | 25                                     | 130                                       | 180                                    | 540                                   | 260                                     | 220                          | 100                |
|                                     | GIRLS 4-7 YRS.          | 110                                    | 12                                     | 25                                    | 30           | 7                                      | 80  | 130                                    | 220                                   | 90                                      | 80                           | 15                 |
|                                     | 8-10 YRS.               | 110                                    | 20                                     | 60                                    | 30           | 10                                     | 90  | 180                                    | 310                                   | 100                                     | 100                          | 25                 |
|                                     | 11-13 YRS.              | 110                                    | 25                                     | 80                                    | 30           | 10                                     | 100                                       | 200                                    | 360                                   | 100                                     | 130                          | 40                 |
|                                     | 14-19 YRS.              | 120                                    | 30                                     | 90                                    | 26           | 10                                     | 120                                       | 200                                    | 380                                   | 120                                     | 130                          | 45                 |
|                                     | MEN, VERY ACT.          | 100                                    | 60                                     | 160                                   | 22           | 40                                     | 130                                       | 180                                    | 570                                   | 310                                     | 300                          | 100                |
|                                     | MOD. ACT.               | 80                                     | 45                                     | 130                                   | 22           | 25                                     | 130                                       | 180                                    | 540                                   | 160                                     | 210                          | 65                 |
|                                     | WOMEN VERY ACT.         | 2/80                                   | 40                                     | 100                                   | 26           | 25                                     | 130                                       | 180                                    | 460                                   | 130                                     | 170                          | 50                 |
|                                     | MOD. ACT                | 70                                     | 30                                     | 80                                    | 26           | 10                                     | 120                                       | 200                                    | 380                                   | 120                                     | 130                          | 45                 |
|                                     | OLD PEOPLE              | 90                                     | 40                                     | 90                                    | 26           | 10                                     | 120                                       | 180                                    | 360                                   | 120                                     | 120                          | 40                 |
| YEARLY TOTAL FOR FAMILY             |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| MONTHLY TOTAL (DIVIDE YEARLY BY 12) |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| WEEKLY TOTAL (DIVIDE YEARLY BY 50)  |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO  $\frac{1}{4}$  OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE  $\frac{3}{4}$  OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY \_\_\_\_\_

DATE \_\_\_\_\_



**OUR WEEKLY FOOD PLAN & RECORD**  
(MODERATE-COST ADEQUATE DIET - LIBERAL IN VEGETABLES)

| SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK                  | FOR OUR FAMILY OF _____ |                            |  |  |
|---|-------------------------|----------------------------|--|--|
|   | WE SHOULD EAT EACH WEEK | WE DID EAT DURING THE WEEK |  |  |
|   |                         | OF                         |  |  |
| <u>MILK</u>   |                         |                            |  |  |
| 1 QUART DAILY FOR EACH CHILD (TO DRINK OR IN COOKED FOOD)               | QTS.                    |                            |  |  |
| 1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD)                | QTS.                    |                            |  |  |
| <u>BUTTER</u>   |                         |                            |  |  |
| AT EVERY MEAL   | LBS.                    |                            |  |  |
| <u>LEAN MEAT, FISH, AND POULTRY</u>                                     |                         |                            |  |  |
| A SERVING 5 TIMES A WEEK, OR APPROXIMATELY 2 POUNDS PER PERSON          | LBS.                    |                            |  |  |
| <u>EGGS</u>   |                         |                            |  |  |
| 5 OR 6 A WEEK FOR ADULTS; 6 OR 7 FOR YOUNG CHILDREN<br>A FEW IN COOKING | DOZ.                    |                            |  |  |
| <u>VEGETABLES AND FRUITS</u>  |                         |                            |  |  |
| <u>DRIED BEANS, PEAS, AND NUTS</u> - 1 TO 2 SERVINGS A WEEK             | LBS.                    |                            |  |  |
| <u>POTATOES</u> - 1 SERVING DAILY                                       | LBS.                    |                            |  |  |
| <u>TOMATOES AND CITRUS FRUITS</u> - 1 SERVING DAILY                     | LBS.                    |                            |  |  |
| <u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK   | LBS.                    |                            |  |  |
| <u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY               | LBS.                    |                            |  |  |
| <u>OTHER FOODS</u>  |                         |                            |  |  |
| <u>CEREAL</u> - DAILY   | LBS.                    |                            |  |  |
| <u>BREAD</u> - AT EVERY MEAL  | LBS.                    |                            |  |  |
| <u>DESSERTS</u> - ONCE A DAY, SOMETIMES TWICE                           |                         |                            |  |  |
| <b>TOTALS</b>   |                         |                            |  |  |



UNITED STATES DEPARTMENT OF AGRICULTURE  
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE III ADEQUATE DIET AT MINIMUM COST - LIBERAL IN VEGETABLES USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, AND A MINIMUM ADEQUATE SUPPLY OF MILK, EGGS, POULTRY & LEAN MEAT AND LIMITED AMOUNT OF FRUIT.

| FAMILY MEMBERS                      |                         | KIND AND QUANTITIES OF FOOD FOR A YEAR |  |                                       |              |  |   |  |                                       |   |                              |                    |
|-------------------------------------|-------------------------|--|--|---------------------------------------|--------------|--|---|--|---------------------------------------|---|------------------------------|--------------------|
| NAME                                | DESCRIPTION             | MILK<br>1/<br>GAL.                     | FAT<br>OTHER<br>THAN<br>BUTTER<br>LBS. | LEAN<br>MEAT<br>POULTRY<br>2/<br>LBS. | EGGS<br>DOZ. | DRIED<br>BEANS<br>PEAS<br>ETC.<br>LBS. | TOMA-<br>TOES<br>CITRUS<br>FRUITS<br>LBS. | LEAFY<br>GREEN<br>YEL.<br>VEG.<br>LBS. | OTHER<br>VEG.<br>AND<br>FRUIT<br>LBS. | POTA-<br>TOES<br>SWEET<br>IRISH<br>LBS. | FLOUR<br>CER-<br>EAL<br>LBS. | SU-<br>GAR<br>LBS. |
|                                     | (CHILD<br>(UNDER 2 YRS. | 80                                     | -                                      | -                                     | 22           | -                                      | 80  | 80                                     | -                                     | 50                                      | 50                           | 3                  |
|                                     | 2-3 YRS.                | 100                                    | 3                                      | 10                                    | 22           | -                                      | 80  | 130                                    | 160                                   | 90                                      | 65                           | 7                  |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | BOYS 4-6 YRS.           | 100                                    | 15                                     | 20                                    | 22           | 10                                     | 80  | 130                                    | 220                                   | 90                                      | 90                           | 15                 |
|                                     | 7-8 YRS.                | 110                                    | 25                                     | 35                                    | 22           | 20                                     | 90  | 180                                    | 310                                   | 100                                     | 160                          | 35                 |
|                                     | 9-10 YRS.               | 120                                    | 30                                     | 50                                    | 18           | 20                                     | 100                                       | 200                                    | 360                                   | 100                                     | 180                          | 40                 |
|                                     | 11-12 YRS.              | 120                                    | 30                                     | 65                                    | 18           | 25                                     | 120                                       | 200                                    | 380                                   | 120                                     | 200                          | 40                 |
|                                     | 13-15 YRS.              | 130                                    | 45                                     | 70                                    | 18           | 25                                     | 130                                       | 180                                    | 460                                   | 130                                     | 230                          | 50                 |
|                                     | 16-19 YRS.              | 130                                    | 50                                     | 75                                    | 13           | 25                                     | 130                                       | 180                                    | 540                                   | 260                                     | 340                          | 50                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | GIRLS 4-7 YRS.          | 100                                    | 15                                     | 20                                    | 22           | 10                                     | 80  | 130                                    | 220                                   | 90                                      | 90                           | 15                 |
|                                     | 8-10 YRS.               | 110                                    | 25                                     | 35                                    | 22           | 20                                     | 90  | 180                                    | 310                                   | 100                                     | 160                          | 35                 |
|                                     | 11-13 YRS.              | 120                                    | 30                                     | 50                                    | 18           | 20                                     | 100                                       | 200                                    | 360                                   | 100                                     | 180                          | 40                 |
|                                     | 14-19 YRS.              | 120                                    | 30                                     | 65                                    | 18           | 25                                     | 120                                       | 200                                    | 380                                   | 120                                     | 200                          | 40                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | MEN, VERY ACT.          | 100                                    | 60                                     | 100                                   | 13           | 50                                     | 130                                       | 180                                    | 570                                   | 310                                     | 440                          | 65                 |
|                                     | MOD. ACT.               | 80                                     | 45                                     | 80                                    | 13           | 40                                     | 130                                       | 180                                    | 540                                   | 160                                     | 230                          | 60                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | WOMEN VERY ACT.         | 2/ 80                                  | 45                                     | 65                                    | 18           | 25                                     | 130                                       | 180                                    | 460                                   | 130                                     | 230                          | 50                 |
|                                     | MOD. ACT.               | 70                                     | 30                                     | 65                                    | 18           | 25                                     | 120                                       | 200                                    | 380                                   | 120                                     | 200                          | 40                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     | OLD PEOPLE              | 90                                     | 30                                     | 65                                    | 18           | 15                                     | 120                                       | 180                                    | 360                                   | 120                                     | 170                          | 40                 |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| YEARLY TOTAL FOR FAMILY             |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| MONTHLY TOTAL (DIVIDE YEARLY BY 12) |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |
| WEEKLY TOTAL (DIVIDE YEARLY BY 50)  |                         |  |  |                                       |              |  |   |  |                                       |   |                              |                    |

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO  $\frac{1}{4}$  OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE  $\frac{3}{4}$  OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY \_\_\_\_\_

DATE \_\_\_\_\_



**OUR WEEKLY FOOD PLAN AND RECORD**  
(ADEQUATE DIET AT MINIMUM COST - LIBERAL IN VEGETABLES)

| SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK                     | FOR OUR FAMILY OF _____ |                            |  |  |
|--|-------------------------|----------------------------|--|--|
|  | WE SHOULD EAT EACH WEEK | WE DID EAT DURING THE WEEK |  |  |
|  |                         | OF                         |  |  |
|  |                         |                            |  |  |
| <u>MILK</u>  |                         |                            |  |  |
| 3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK OR IN COOKED FOOD)        |                         |                            |  |  |
| 1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK OR IN COOKED FOOD)           |                         |                            |  |  |
| 1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD) QTS.              |                         |                            |  |  |
| <u>BUTTER</u>  |                         |                            |  |  |
| AT EVERY MEAL LBS.   |                         |                            |  |  |
| <u>LEAN MEAT, FISH, AND POULTRY</u>  |                         |                            |  |  |
| 3 OR 4 SERVINGS A WEEK LBS.  |                         |                            |  |  |
| <u>EGGS</u>  |                         |                            |  |  |
| 3 OR 4 A WEEK FOR ADULTS; 4 OR 5 FOR YOUNG CHILDREN DOZ.                   |                         |                            |  |  |
| A FEW FOR COOKING  |                         |                            |  |  |
| <u>VEGETABLES AND FRUITS</u>   |                         |                            |  |  |
| <u>DRIED BEANS, PEAS, AND NUTS</u> - 2 OR 3 SERVINGS A WEEK LBS.           |                         |                            |  |  |
| <u>POTATOES</u> - 1 SERVING DAILY LBS.                                     |                         |                            |  |  |
| <u>TOMATOES AND CITRUS FRUITS</u> - 1 SERVING DAILY LBS.                   |                         |                            |  |  |
| <u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK LBS. |                         |                            |  |  |
| <u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY LBS.             |                         |                            |  |  |
| <u>OTHER FOODS</u>   |                         |                            |  |  |
| <u>CEREALS</u> - ONCE A DAY LBS.   |                         |                            |  |  |
| <u>BREAD</u> - AT EVERY MEAL LBS.  |                         |                            |  |  |
| <u>DESSERT</u> - ABOUT ONCE A DAY IF DESIRED                               |                         |                            |  |  |
| <b>TOTALS</b>  |                         |                            |  |  |



UNITED STATES DEPARTMENT OF AGRICULTURE  
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE IV ADEQUATE DIET - MINIMUM COST USED WHEN OUR FARM CAN PROVIDE US ONLY A PARTIAL SUPPLY OF FOOD, AS DURING FIRST YEAR ON A FARM

| FAMILY MEMBERS                      |                         | KIND AND QUANTITIES OF FOOD FOR A YEAR |  |                                 |              |  |   |  |                                       |   |                              |                    |
|-------------------------------------|-------------------------|--|--|---------------------------------|--------------|--|---|--|---------------------------------------|---|------------------------------|--------------------|
| NAME                                | DESCRIPTION             | MILK<br>1/<br>GALS.                    | FAT<br>OTHER<br>THAN<br>BUTTER<br>LBS. | LEAN<br>MEAT<br>POULTRY<br>LBS. | EGGS<br>DOZ. | DRIED<br>BEANS<br>PEAS<br>ETC.<br>LBS. | TOMA-<br>TOES<br>CITRUS<br>FRUITS<br>LBS. | LEAFY<br>GREEN<br>YEL.<br>VEG.<br>LBS. | OTHER<br>VEG.<br>AND<br>FRUIT<br>LBS. | POTA-<br>TOES<br>SWEET<br>IRISH<br>LBS. | FLOUR<br>CER-<br>EAL<br>LBS. | SU-<br>GAR<br>LBS. |
|                                     | (CHILD<br>(UNDER 2 YRS. | 80                                     | -                                      | -                               | 22           | -                                      | 60  | 80                                     | -                                     | 80                                      | 50                           | 3                  |
|                                     | 2-3 YRS.                | 100                                    | 3                                      | 10                              | 22           | -                                      | 60  | 130                                    | 40                                    | 100                                     | 65                           | 7                  |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     | BOYS 4-6 YRS.           | 100                                    | 15                                     | 20                              | 22           | 10                                     | 60  | 130                                    | 80                                    | 110                                     | 90                           | 15                 |
|                                     | 7-8 YRS.                | 110                                    | 25                                     | 35                              | 22           | 20                                     | 60  | 180                                    | 120                                   | 120                                     | 160                          | 35                 |
|                                     | 9-10 YRS.               | 120                                    | 30                                     | 50                              | 18           | 20                                     | 60  | 200                                    | 160                                   | 140                                     | 180                          | 40                 |
|                                     | 11-12 YRS.              | 120                                    | 30                                     | 65                              | 18           | 25                                     | 60  | 200                                    | 190                                   | 140                                     | 200                          | 40                 |
|                                     | 13-15 YRS.              | 130                                    | 45                                     | 70                              | 18           | 25                                     | 60  | 160                                    | 220                                   | 160                                     | 230                          | 50                 |
|                                     | 16-19 YRS.              | 130                                    | 50                                     | 75                              | 13           | 25                                     | 60  | 160                                    | 200                                   | 220                                     | 340                          | 50                 |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     | GIRLS 4-7 YRS.          | 100                                    | 15                                     | 20                              | 22           | 10                                     | 60  | 130                                    | 80                                    | 110                                     | 90                           | 15                 |
|                                     | 8-10 YRS.               | 110                                    | 25                                     | 35                              | 22           | 20                                     | 60  | 180                                    | 120                                   | 120                                     | 160                          | 35                 |
|                                     | 11-13 YRS.              | 120                                    | 30                                     | 50                              | 18           | 20                                     | 60  | 200                                    | 160                                   | 140                                     | 180                          | 40                 |
|                                     | 14-19 YRS.              | 120                                    | 30                                     | 65                              | 18           | 25                                     | 60  | 200                                    | 190                                   | 140                                     | 200                          | 40                 |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     | MEN, VERY ACT.          | 100                                    | 60                                     | 100                             | 13           | 50                                     | 60  | 160                                    | 200                                   | 300                                     | 440                          | 65                 |
|                                     | MOD. ACT.               | 80                                     | 45                                     | 80                              | 13           | 40                                     | 60  | 160                                    | 220                                   | 160                                     | 230                          | 60                 |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     | WOMEN VERY ACT.         | 2/80                                   | 45                                     | 65                              | 18           | 25                                     | 60  | 160                                    | 220                                   | 160                                     | 230                          | 50                 |
|                                     | MOD. ACT.               | 70                                     | 30                                     | 65                              | 18           | 25                                     | 60  | 200                                    | 190                                   | 140                                     | 200                          | 40                 |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     | OLD PEOPLE              | 90                                     | 30                                     | 65                              | 18           | 15                                     | 60  | 180                                    | 160                                   | 140                                     | 170                          | 40                 |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
|                                     |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
| YEARLY TOTAL FOR FAMILY             |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
| MONTHLY TOTAL (DIVIDE YEARLY BY 12) |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
| WEEKLY TOTAL (DIVIDE YEARLY BY 50)  |                         |  |  |                                 |              |  |   |  |                                       |   |                              |                    |

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO  $\frac{1}{2}$  OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE  $\frac{3}{4}$  OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY \_\_\_\_\_

DATE \_\_\_\_\_



OUR WEEKLY FOOD PLAN AND RECORD  
(MINIMUM-COST ADEQUATE DIET)

| SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK  | FOR OUR FAMILY OF _____             |                               |  |  |
|---|-------------------------------------|-------------------------------|--|--|
|   | WE<br>SHOULD<br>EAT<br>EACH<br>WEEK | WE DID EAT<br>DURING THE WEEK |  |  |
|   |                                     | OF                            |  |  |
|   |                                     |                               |  |  |
| <u>MILK</u>   |                                     |                               |  |  |
| 3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK OR IN COOKED FOOD)   |                                     |                               |  |  |
| 1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK OR IN COOKED FOOD)  |                                     |                               |  |  |
| 1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD)  | QTS.                                |                               |  |  |
| <u>LEAN MEAT, FISH, AND POULTRY</u>   |                                     |                               |  |  |
| 3 OR 4 SERVINGS A WEEK  | LBS.                                |                               |  |  |
| <u>EGGS</u>   |                                     |                               |  |  |
| 3 OR 4 A WEEK FOR ADULTS; 4 OR 5 FOR YOUNG CHILDREN   |                                     |                               |  |  |
| A FEW IN COOKING  | DOZ.                                |                               |  |  |
| <u>VEGETABLES AND FRUITS</u>  |                                     |                               |  |  |
| <u>DRIED PEAS, BEANS, AND NUTS</u> - 2 OR 3 SERVINGS A WEEK   | LBS.                                |                               |  |  |
| <u>POTATOES</u> - 9 OR 10 SERVINGS A WEEK   | LBS.                                |                               |  |  |
| <u>TOMATOES AND CITRUS FRUITS</u> - 2 TO 4 SERVINGS A WEEK OF TOMATOES (OR OF CITRUS FRUIT IN SEASON) FOR EACH ADULT AND CHILD OVER 4. FROM 4 TO 6 TABLESPOONS OF TOMATO JUICE OR 2 TABLESPOONS OF ORANGE JUICE DAILY FOR EACH CHILD UNDER 4. | LBS.                                |                               |  |  |
| <u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 9 OR 10 SERVINGS A WEEK  | LBS.                                |                               |  |  |
| <u>OTHER VEGETABLES AND FRUITS</u> - 10 TO 12 SERVINGS A WEEK   | LBS.                                |                               |  |  |
| <u>OTHER FOODS</u>  |                                     |                               |  |  |
| <u>CEREAL DISH</u> - USUALLY ONCE A DAY, SOMETIMES TWICE  | LBS.                                |                               |  |  |
| <u>BREAD</u> - AT EVERY MEAL  | LBS.                                |                               |  |  |
| <u>DESSERT</u> - ABOUT ONCE A DAY IF DESIRED  |                                     |                               |  |  |
| TOTALS  |                                     |                               |  |  |



UNITED STATES DEPARTMENT OF AGRICULTURE  
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE V RESTRICTED DIET USED IN CASE OF FAILURE OF FARM TO PROVIDE FOOD FOR FAMILY OR WHEN PLANNING TO BUY FOOD FOR A SHORT TIME WITH GRANT MONEY

| FAMILY MEMBERS                      |                        | KIND AND QUANTITIES OF FOOD FOR A YEAR |  |                                 |              |  |   |  |                                       |   |                              |                    |
|-------------------------------------|------------------------|--|--|---------------------------------|--------------|--|---|--|---------------------------------------|---|------------------------------|--------------------|
| NAME                                | DESCRIPTION            | MILK<br>1/<br>GALS.                    | FAT<br>OTHER<br>THAN<br>BUTTER<br>LBS. | LEAN<br>MEAT<br>POULTRY<br>LBS. | EGGS<br>DOZ. | DRIED<br>BEANS<br>PEAS<br>ETC.<br>LBS. | TOMA-<br>TOES<br>CITRUS<br>FRUITS<br>LBS. | LEAFY<br>GREEN<br>YEL.<br>VEG.<br>LBS. | OTHER<br>VEG.<br>AND<br>FRUIT<br>LBS. | POTA-<br>TOES<br>SWEET<br>IRISH<br>LBS. | FLOUR<br>CER-<br>EAL<br>LBS. | SU-<br>GAR<br>LBS. |
|                                     | CHILD<br>(UNDER 2 YRS. | 80                                     | -                                      | -                               | 22           | -                                      | 50  | 80                                     | -                                     | 80                                      | 50                           | 3                  |
|                                     | 2-3 YRS.               | 80                                     | 2                                      | 7                               | 18           | 3                                      | 50  | 120                                    | 35                                    | 100                                     | 100                          | 10                 |
|                                     | BOYS 4-6 YRS.          | 80                                     | 15                                     | 15                              | 13           | 10                                     | 50  | 120                                    | 45                                    | 120                                     | 140                          | 20                 |
|                                     | 7-8 YRS.               | 70                                     | 25                                     | 18                              | 9            | 20                                     | 50  | 160                                    | 80                                    | 130                                     | 180                          | 30                 |
|                                     | 9-10 YRS.              | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 110                                   | 140                                     | 210                          | 40                 |
|                                     | 11-12 YRS.             | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 120                                   | 140                                     | 230                          | 50                 |
|                                     | 13-15 YRS.             | 80                                     | 40                                     | 40                              | 9            | 25                                     | 50  | 120                                    | 150                                   | 160                                     | 275                          | 65                 |
|                                     | 16-19 YRS.             | 90                                     | 50                                     | 40                              | 9            | 25                                     | 50  | 100                                    | 130                                   | 220                                     | 365                          | 70                 |
|                                     | GIRLS 4-7 YRS.         | 80                                     | 15                                     | 15                              | 13           | 10                                     | 50  | 120                                    | 45                                    | 120                                     | 140                          | 20                 |
|                                     | 8-10 YRS.              | 70                                     | 25                                     | 18                              | 9            | 20                                     | 50  | 160                                    | 80                                    | 130                                     | 180                          | 30                 |
|                                     | 11-13 YRS.             | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 110                                   | 140                                     | 210                          | 40                 |
|                                     | 14-19 YRS.             | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 120                                   | 140                                     | 230                          | 50                 |
|                                     | MEN, VERY ACT.         | 70                                     | 60                                     | 50                              | 4            | 50                                     | 50  | 100                                    | 130                                   | 300                                     | 450                          | 80                 |
|                                     | MOD. ACT.              | 50                                     | 40                                     | 45                              | 4            | 40                                     | 50  | 120                                    | 160                                   | 160                                     | 275                          | 70                 |
|                                     | WOMEN VERY ACT.        | <sup>2/</sup> 80                       | 40                                     | 40                              | 9            | 25                                     | 50  | 120                                    | 160                                   | 160                                     | 275                          | 65                 |
|                                     | MOD. ACT.              | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 120                                   | 140                                     | 230                          | 50                 |
|                                     | OLD PEOPLE             | 70                                     | 30                                     | 25                              | 9            | 25                                     | 50  | 160                                    | 140                                   | 140                                     | 210                          | 40                 |
| YEARLY TOTAL FOR FAMILY             |                        |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
| MONTHLY TOTAL (DIVIDE YEARLY BY 12) |                        |  |  |                                 |              |  |   |  |                                       |   |                              |                    |
| WEEKLY TOTAL (DIVIDE YEARLY BY 50)  |                        |  |  |                                 |              |  |   |  |                                       |   |                              |                    |

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO  $\frac{1}{4}$  OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE  $\frac{3}{4}$  OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY \_\_\_\_\_

DATE \_\_\_\_\_



**OUR WEEKLY FOOD PLAN AND RECORD**  
(RESTRICTED DIET FOR EMERGENCY USE)

| SERVINGS OF DIFFERENT FOOD PER PERSON PER DAY OR WEEK  | FOR OUR FAMILY OF _____ |                               |  |  |
|--|-------------------------|-------------------------------|--|--|
|  | WE SHOULD EAT EACH WEEK | WE DID EAT DURING THE WEEK OF |  |  |
|  |                         |                               |  |  |
| <u>MILK</u>  |                         |                               |  |  |
| 3 CUPS EACH DAY FOR CHILDREN UNDER 7 YEARS   |                         |                               |  |  |
| 1 PINT DAILY FOR EACH OTHER CHILD (TO DRINK OR IN COOKED FOOD)   |                         |                               |  |  |
| 1 PINT DAILY FOR EACH WOMAN AND ELDERLY PERSON (TO DRINK OR IN COOKED FOOD)  |                         |                               |  |  |
| 1 CUP DAILY FOR EACH MAN (TO DRINK OR IN COOKED FOOD)  | QTS.                    |                               |  |  |
| <u>LEAN MEAT OR FISH</u>   |                         |                               |  |  |
| 2 TO 3 SERVINGS A WEEK   | LBS.                    |                               |  |  |
| <u>EGGS</u>  |                         |                               |  |  |
| THREE A WEEK FOR CHILDREN UNDER 7 YEARS; TWO FOR CHILDREN 7 AND OVER, AND FOR WOMEN; ONE A WEEK FOR MEN  | DOZ.                    |                               |  |  |
| <u>VEGETABLES AND FRUITS</u>   |                         |                               |  |  |
| <u>DRIED BEANS, PEAS, AND NUTS</u> - 2 OR 3 SERVINGS A WEEK  | LBS.                    |                               |  |  |
| <u>POTATOES</u> - 9 TO 10 SERVINGS A WEEK  | LBS.                    |                               |  |  |
| <u>TOMATOES AND CITRUS FRUIT</u> - 2 OR 3 SERVINGS A WEEK FOR EACH ADULT AND CHILD OVER 4; FROM 4 TO 6 TABLESPOONS OF TOMATO JUICE OR 2 TABLESPOONS OF ORANGE JUICE DAILY FOR EACH CHILD UNDER 4 | LBS.                    |                               |  |  |
| <u>LEAFY, GREEN, OR YELLOW VEGETABLES</u> - 1 SERVING A DAY  | LBS.                    |                               |  |  |
| <u>OTHER VEGETABLES AND FRUITS</u> - 1 SERVING A DAY   | LBS.                    |                               |  |  |
| <u>OTHER FOODS</u>   |                         |                               |  |  |
| <u>CEREAL DISH</u> - ONCE OR TWICE A DAY   | LBS.                    |                               |  |  |
| <u>BREAD</u> - AT EVERY MEAL   | LBS.                    |                               |  |  |
| <u>DESSERT</u> - OCCASIONALLY, SUCH AS CEREAL PUDDING, GINGERBREAD, DRIED FRUIT, ONE-EGG CAKE AND OTHER INEXPENSIVE KINDS  |                         |                               |  |  |
| <b>TOTALS</b>  |                         |                               |  |  |